



Happenings

December 2022

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SIGN UP FOR ALL CLASSES!

There will be a binder with sign up sheet for all our class on our sign up table. Please take the time to sign up for all of the classes and clinics that you are taking. Please print your name clearly and write your phone number down.

Holiday Brunch with Staff

• **Wednesday, December 21st • 10:00am - 11:30am • Auditorium**

Join MSSC staff for brunch and some social time. Enjoy a performance by our own Schweinhaut Angklung Group. You will have an opportunity to learn how to play the Angklung instrument as well as enjoy the calming sound of the music.

NEW Game Day Fridays

• **Fridays • Starting 12/2 • from 10:30am -12:00pm •**

Join staff and friends every Friday for Game Day. We will have a variety of games such as Rummikub, Make your Words Count, Poker, Pinochle and more! Bring a game to teach others if you like. Have fun with your friends or come and make new ones.

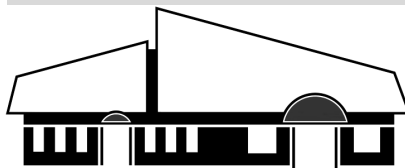
New Years Event

• **January 11th • 1pm - 2:30pm •**

Join us to celebrate the upcoming new year. We will have entertainment and H"Dourves. Please sign up in advance. Space is limited.

Class Cancellations or Changes

- CLOSED Monday, December 26th
- We will be OPEN December 27th - December 31st
- No Pickleball December 5th+12th, from 12pm - 2pm
- No Senior Fit 12/24 & 12/31. Senior Fit will be back on Tuesdays starting 1/10/2023.



1000 Forest Glen Road, Silver Spring, MD 20901

Center Hours: Monday - Friday: 8 a.m. to 4 p.m., Saturday: 9 a.m. to 3 p.m.

Front Desk: 240-777-8085 Center Director: Karen Maxin, 240-777-8082

Hablamos Español

We have WiFi, just select MCGuest.



MONTGOMERY COUNTY
Recreation

Special Programs

Driver's Safety #R07094-508

• **Thursday, December 1st • 1:00pm - 2:00pm • Garden Room**

It's important to track your physical health by going to the doctor. It's also important to track your road safety health by being aware of the signs and making some adjustments. MCDOT will share tips on how to identify the signs that make older drivers more vulnerable on the roads and some tips on how to travel more safely.

Game Day Fridays

• **Friday, December 2nd • 10:30am - 12:00pm • Garden Room**

Join staff and friends every Friday for Game Day. We will have a variety of games such as Rummikub, Make your Words Count, Poker, Pinochle and more! Bring a game to teach others if you like. Have fun with your friends or come and make new ones.

Photography Class with Paul Mink #R07001-502

• **Friday, December 2nd • 10:00am - 12:00pm • Daisy Room**

The photography class will teach you how to digitize your photos, slides and negatives. After that, work with Picasa software to modify them on your computer. Picasa is very user friendly and ideal for beginners or experienced photographers. Software will be provided to participants.

Successful Aging and the NIH Longevity Study #R07028-511

• **Friday, December 2nd • 1:00pm - 2:00pm • Garden Room**

A talk with Paul about healthy aging and his 10 year experience with the NIH Institute on Aging study. This would be a talk about ways he has kept healthy and the testing that he goes through each year.

Music by Selina Johnson #R07080-111

• **Monday, December 5th + 19th • 1:00pm - 2:30pm • Garden Room**

Selina is thrilled to offer a diverse and spirited collection of musical selections at the Schweinhaut Senior Center from Elvis and Billy Joel to Stevie Wonder, Diana Ross & The Supremes. Come join the Extravaganza!

Medicare Benefits Resource Table by Integral Benefits Group

• **Tuesday, December 6th • 9:00am - 1:00pm • Lobby Area**

Chris Farmer will help you understand your Medicare benefits including Traditional Medicare, Medicare Advantage Plans, Medigap Policies and Part D Drug Plans.

Lions Community Outreach Presents Free Eye, Glaucoma & Hearing Exams #R07094-509

• **Tuesday, December 6th • 10:30am - 2:30pm • Garden Room & Daisy Room**

The Lions Club Outreach Foundation will provide free eye exams, glaucoma screenings and hearing exams.

Akhmedova Ballet Performance #R07107-513

• **Saturday, December 10th • 1:00pm - 2:30pm • Auditorium**

Join us for Akhmedova Ballet Academy's magical "Nutcracker Performance and Holiday treats"- an entertaining afternoon for all ages. ABA's professional training program students and Studio Company dancers will present the most famous dances from the Nutcracker that will enchant everyone's heart.

Howard Feinstein Presents Music by Women Vocalists/Musicians #R07080-512

• **Monday, December 12th • 1:00pm - 2:30pm • Garden Room**

Musician and civil rights attorney Howard Feinstein will be returning to the Center, to play selections on the piano, and discuss the stories behind the female musicians.

Dj Tyzer & Dance #R07080-513

• **Friday, December 16th • 1:00 - 2:30pm • Auditorium**

Join us for a great time dancing, singing and social time while listening to DJ Tyzer (Tony Montgomery)

Holiday Concert!

• **Monday, December 19th • 11:00 - 12:00pm • Auditorium**

Join us for a free holiday concert with music from around the world. The Encore Creativity Chorale will perform holiday favorites and invite you to join us on a Sleigh Ride

Special Programs

Young at Heart Tap Dancers #07107-514

• Saturday, December 17th • 1:00 - 2:00pm • Auditorium

Come see an exciting afternoon of tap dance with the Young at Heart tap dancers. An all volunteer senior performing group dancing to numbers from the swing era through today, with colorful costumes for each dance. And a surprise performance from their Junior dancers!

Holiday Brunch with Staff

• Wednesday, December 21st • 10:00am - 11:30am • Auditorium

Join MSSC staff for some social time. Enjoy a performance by our own Schweinhaut Angklung Group. You will have an opportunity to learn how to play the Angklung instrument as well as enjoy the calming sound of the music.

Movie: The Prince & Me: A Royal Honeymoon

• Tuesday, December 27nd • 1:00pm - 3:00pm • Garden Room

Join us and watch The Prince & Me: A Royal Honeymoon starring Kam Heskin and Chris Geere. First comes love...then comes marriage...then comes the honeymoon fit for a queen.

Major Components of Daily Healthy Lifestyle #07028-513

• Thursday, December 22nd • 1:00pm - 2:00pm • Garden Room

Join nutritionist Josephine Djoukeng to learn how Sleep, Exercise, Healthy Eating, Water, Meditation, Rest and less Stress affects your life.

*****CARDBOARD BOAT REGATTA - WE NEED YOUR HELP*****

Each senior center will design and construct a boat and paddles using ONLY the following 3 materials: small cardboard boxes, duct tape and garbage bags. Boats must be built to have 1 person from the team to man the boat and will be designated as "rower", to remain fully on top of the vessel. The rower of the boat must travel from one end of a pool, turn around and go back to the starting place. First meeting will be December.

Recurring Activities

ART

Activity	Day & Time	Description & Contact	Fee
Ceramics Activity #R07098-301 <i>Instructor: Carol Reese</i>	Tues. & Thurs. from 9:30a.m. - 1:00p.m.	A creative class where bisque and greenware become art! You can purchase pieces or bring your own.	Free
Card Making <i>Instructor: Cindy Boccucci</i>	2nd Sat. from 11:30am - 2:30pm	Learn how to make unique cards.	\$5
Collage Meet Up Activity #R07095-307 <i>Facilitator: Clare Wilson</i>	2nd Mon. from 1:00p.m. - 3:30p.m.	Discover your creative talents and join the group making collages, personal art books, and creative origami. Beginners are welcome, so come and get inspired by others. Bring your project or begin a new one. Some materials are provided.	Free
Fun with Art Activity #R07052-301 <i>Facilitator: Barbara Hunter</i>	Wed. & Fri. from 10:00a.m. - Noon	Discover a new talent. Drawing, watercolor, acrylic, pastel, etc. Bring your own supplies.	Free
Origami Activity #R07096-303 <i>Facilitator: Lois Dicker</i>	2nd Mon. from 1:00p.m. - 3:00p.m.	Learn the Japanese art of paper folding. Join others to create fun creations to take home or put on display in our library display case.	Free
Anne's Knitting Corner Activity #R07003-303 <i>Facilitator: Peggy Margaret Saffa</i>	Wed. from 1:00p.m. - 3:00p.m.	The Knitters make a variety of knitted and crocheted items for area charities.	Free

Activity	Day & Time	Description & Contact	Fee
Basic Functional Balance Exercise Activity #R07039-303 Instructor: Julien Elie	3rd Monday 8:30am – 9:30am	Light exercise, focused on building posterior musculature and developing core strength that is critical in having a well balanced body.	Free
Ballroom Dance Activity #R07011-301 Instructors: Ellen Moran & William Goldberg	Wed. from 12:00pm - 1:00pm	Learn the basic steps, lead and follow, and simple routines. Singles and couples welcome. Followed by Let's Dance!	Free
Chair Stretch & Strength Exercise (Video) Activity #R07042-301	Tues., Wed., Thurs. 9:30am - 10:30am	Gain flexibility and strength in this low impact seated exercise class.	Free
Let's Dance Activity #R07011-302 Instructors: Ellen Moran & William Goldberg	Wed. from 1:00pm - 1:30pm	Offers a time for practice and fun after our Ballroom Dance class!	Free
Chair Yoga Activity #R07032-305 Instructor: Joy Bartholomew	Tues. from 10:00am - 11:00am	Chair yoga is a low impact form of exercise that helps improve flexibility while staying in a stabilized position.	Free
 Chair Zumba Gold Activity #R07012-502 Instructor: Georgia Martin	Wed. from 9:30am - 10:30am	All the benefits of Zumba Gold with a seated class.	Free
Kickboxing Activity #R07060-307 Instructor: Julien Elie	1st & 3rd Wed. from 11:00am - 12:00pm	Kickboxing classes can be a little intimidating for beginners but don't worry, you can move at your own pace. Learn the proper mechanics of every offensive and defensive move in kickboxing.	Free
Line Dancing Activity #R07011-304 Instructor: Jo Ann Eng	Sat. from 10:30am - 12:00pm	Learn how to line dance while having fun. These classes will keep you moving.	Free
Low Impact Exercise Activity #R07060-312 Instructor: Julien Elie	1st Monday 8:30am - 9:30am	Simple moves, low-impact, easy walking patterns, step aerobic combinations and weight routines. The workout changes each week. The intensity level is lower than our traditional exercise classes.	Free
Holy Cross Hospital & Kaiser Permanente Presents Senior Fit Activity #R07039-506 Instructor: Mike Werle	Sat. from 9:30am - 10:15am	Holy Cross Health and Kaiser Permanente offer Senior Fit, a 45-minute exercise class designed for adults 55+ to improve strength, flexibility, endurance and balance. Classes are ongoing. Call 301-754-8800 to register. Must complete form prior to participating.	Free
Tai Chi Chuan Activity #R07025-306 Instructors: Glenn Moy (Tues.) & Kirk Talbott (Fri.)	Tues. & Fri. from 1:30pm - 2:30pm	An ancient system of physical and mental harmony; an exercise that emphasizes relaxation, balance, and coordination.	Free
Qi Gong Activity #R07059-302 Instructors: Mike Kornely & Julia Schuker	Sat. from 12:00pm - 1:00pm	Qi Gong is back. Please Join Us - Aim to relax your body, calm your mind, and refresh your heart with easy exercises.	Free
Walking Group Activity #R07035-104	Tues. + Fri. 10:30am - 12pm	Get outside and enjoy some fresh air while going on a social walk around the neighborhood.	Free
Yin Yoga Activity #R07032-308 Instructor: Adina Crawford	Sat. from 9:30am - 10:30am	This beginner-friendly class will help you find peace both in body and in mind, focusing on poses and stillness that improve the health of critical joints. <i>Please bring your own mat, towel, and pillow.</i>	Free
 ***NEW CLASS*** Zumba Gold Activity #R07012-500 Instructor: Georgia Martin	Mon. + Fri from 9:30am - 10:30am	A modified Zumba class that recreates the moves you love at a lower intensity. Zumba is a total workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility and boosted energy.	Free

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
E D U C A T I O N A L	Book Discussion Activity #R07065-302 <i>Facilitator: Marjorie Hoffman</i>	2nd Tues. 1:00p.m. - 2:30p.m.	We will be reading <i>Unthinkable</i> by Jamie Raskin. The Maryland Democrat has written <i>an extraordinary memoir of grief, the Capitol attack and the second impeachment.</i> Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link.	Free
	Coffee & Conversation with MSSC Staff Activity #R07092-303	3rd Thurs. from 9:00a.m. – 9:45a.m.	Join us for a cup of coffee or tea while we enjoy an open discussion. We would like your input on what programs/activities you would like to have at MSSC. We will also discuss any concerns you might have.	Free
	Italian Class Activity #R07021-307 <i>Instructor: Nina Baccanari</i>	Weds. from 1:00p.m. - 2:30p.m.	Class will cover a variety of subtleties of the Italian language, such as grammar, vocabulary, and entertaining factors like music and stories. Participants should have a working knowledge of the Italian language.	Free
	Spanish Class Activity #R07015-301 <i>Instructor: Rocio Torresano</i>	Thurs. from 10:00a.m. - 1:00a.m.	TBD	Free
	Writer's Group Activity #R07058-306 <i>Facilitators: David Lindsay & Beverly Moss</i>	1st & 3rd Tuesdays from 10:00a.m. - 12:00p.m.	Join people who like to write as they read their essays, poems, novel excerpts, commentaries, and other written works. It's a friendly, informal group where lively discussion always ensues. Come to share or to listen-all are welcome. Class is now being held virtually. Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link. Class is now being held virtually - Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link.	Free
	Anne's Knitting Corner Activity #R07003-303 <i>Facilitator: Peggy Margaret Saffa</i>	Wed. from 1:00p.m. - 3:00p.m.	The Knitters make a variety of knitted and crocheted items for area charities.	Free
H E A L T H	<i>The Affiliated Sante Group Presents</i>			
	Coping with Change Activity #R07076 - 303 <i>Facilitator: Suzanne LaFauce, LGPC</i>	Coming Dec. 1 12:30pm - 1:30pm	As we age we face many changes and challenges. Come talk and receive support in these difficult times. A support group.	Free
	Nutrition 101 Activity #R07024-303 <i>Facilitator: Josephine Tsobgni Djoukeng, Ph.D.</i>	Tues. from 1:30pm - 2:30pm Thurs. from 1:00pm - 2pm	Join nutritionist and Certified Wellness Wave Life Coach, Josephine, to discuss how to be your best healthy self.	Free
	Maximizing the Quality of Life Activity #07043-302 <i>Facilitator Edie Mahlmann, LCSW.</i>		A support group that confronts the challenges and options that are present in the process of aging.	Free
S E R V I C E S	Senior Services in Montgomery County <i>Facilitator: Anita Joseph</i>	2nd Tues. from 10:30am - 11:30am	Call 240-777-1062 to make an appointment for information about senior services, assistance in obtaining services/benefits, and education about offerings available to seniors.	Free

GAMES

BINGO!
Activity #R07085-302
Facilitator: Linda Disharoon

Mon. & Thurs. from
 10:30am - 11:30am

Win prizes and have fun!
 Maximum two cards per person.

Free

Pinochle Card Game
Activity #R07099-301
Facilitator: George Kelly

Wed. from
 1:00pm - 3:00pm

Come learn the skill of Pinochle, a trick-taking and melding card game with components similar to Bridge, Euchre, Spades, and Hearts.

Free

Scrabble Tips & Tricks
Activity #R07099-302
Facilitator: Marcia Bowens

Mon. from
 11:00am - 12:00pm

Scrabble is a perfect word finder, which also helps in fighting Alzheimer's. Former Scrabble tournament player will demonstrate how to get the most out of each rack. You will be surprised how many words you can find in certain sets of letters.

Free

Chess Club
Activity #R07110-301
Facilitator: Clifford DuThinh

1st, 2nd, 4th Thurs.
 1:00pm - 2:00pm

Chess is one of the oldest and most popular board games. It is played by two opponents on a checkered board. The objective of the game is to capture the opponent's king. Beginners are welcome.

Free

Encore Chorale
Activity #07080-108
Facilitator:

Mon. from
 10:00am - 12:15pm

For more info, call 301-261-5747 or visit
www.encorecreativity.org.

Fee

Seasoned Players Activity
#R07080-304
Facilitator: Helen Cothran

1st + 3rd Wed.
 from 1:30 - 3:30 p.m..

Come rehearse songs and/or line dances to perform at nursing homes and seniors centers.

Free

*Folklore Society of Greater Washington
 Presents*

Song Circle
Activity #R07080-303
Facilitator: Fred Stollnitz

In Person or Zoom
 2nd Fri. of Month
 1:30pm - 3:30pm.

Song Circle is about group singing, not talent. Everyone is welcome to sing or just listen. Words are provided; no need to read music. Contact FSGW.org/song-circles for information to join.

Free

Angklung Music Lesson
Activity #R07109-301
Instructor: Ari Peach

Sat
 12:00pm - 2:00pm

Join this musical ensemble to learn how to play the Angklung, an Indonesian instrument. Then get the opportunity to preform at various functions.

Open Pickleball
Activity #R07091-301

Fri. from
 10:30am - 12:00pm

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Join others for a friendly game at your leisure.

Free

Open Bocce Ball

Mon. - Sat.
 9:00am - 12:00pm
 1:00 - 3:00pm

Bocce Ball is a lawn or yard game that's played with eight weighted balls aimed at a smaller target ball, or pallino. See desk for equipment.

Free

Billiards
Activity #R07103-301

M-F 8:00am - 4:00pm
 Sat. 9:00am - 3:00pm

Come on in and join us for a game of Billiards. Pool Room is open to everyone during center hours.

Free

Table Tennis
Mon Activity #R07097-301
Fri Activity #R07097-302

Mon. from
 12:00pm - 2:00pm
 Fri. from
 10:30am - 12:00pm

Table Tennis is a sport in which two or four players hit a lightweight ball back and forth across a table using small paddles.

Free

Beginner Level Pickleball
Activity #R07091-501
Instructor: Brad Paleg

Thurs.
 1:00pm - 2:30pm

For those who have never played pickleball or are just beginning playing pickleball.. No experience necessary.

Free

Inermediate Level Pickleball
Activity #R07091-502
Instructor: Coach Brad Praleg

Thurs.
 2:30pm - 4:00 p.m.

Learn how to play and the rules, then take your new skills to the court. Sign up at front desk space is limited, more sessions to come.

Free

Changes at MSSC

z

Try our new outdoor exercise equipment located next to our Bocce area. It's available to you 24 hours a day.

Do you have a suggestion about a new activity or an idea you would like to see at the center? We would love to hear from you!

Please join us for Coffee & Conversations with Staff on the 3rd Thursday of the month or put a note in our suggestion box located in the lobby by the schedule monitor.



We Want Your Feedback!

Nutrition Program - *Socialize while enjoying a healthy meal!*

Monday through Friday • Noon • Almost Café

The cost of the meal is \$7.05. For people age 60 or older, or a spouse of any age a voluntary contribution is requested. Guests, including caregivers, under age 60 pay full cost. Please contribute as much as you can. Contributions are used to serve more meals. The recommended donation is \$2.00. Please cancel your reservations for lunch at Schweinhaut Senior Center, Monday through Friday, by noon a day in advance.

For more information, call 240-777-8085 and ask for the Nutrition Site Manager.

Daily Transportation— *Door to Door Transportation*

Monday through Friday • Pick ups start at 8am • Leaves the center at 2pm

Our daily bus to the center is available for pick up in our area. For more information and to see if you are in our pick up area, please call 240-777-8085 and speak to the Nutrition Manager.

Changes or cancellations, call Evelyn Kittrell at 301-255-4214.

Montgomery County Inclement Weather Policy

If Montgomery County Public Schools are closed, MSSC will be closed, If there is a delayed opening MSSC opens at 10:00am.

When Montgomery County Recreation must close or cancel programs due to inclement weather or other circumstances related to participant and staff safety the first notification is made through Montgomery County's emergency notification system, [Alert Montgomery](#). Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work or home phone, via text, email or voice message.

Real-time emergency updates can also be accessed at our Recreation Website or call 240-777-6889, or visit our Facebook or Twitter.

Given that participants and employees often travel distances and weather conditions may vary considerably across the county, residents are advised to exercise caution and consider personal safety as their first priority.



**Community Partnerships
Make Wonderful Things Happen!
Thank you to the following organizations...**

AARP

Adventist Health
Care

Affiliated Sante
Group

Akhmedova Ballet
Academy

Beacon
Newspapers

Encore Creativity for
Older Adults

The Folklore
Society of Greater
Washington

Holy Cross Hospital

South Four Corners
Citizens Association

United Health Care &
Integral Health Care

U.S. Postal Service

Woodmoor Pastry
Shop

Support
The Friends of
MSSC, Inc.
For more details,
see the main
office.
8
reenings will

Announcements

Sewing & Mending

Got any rips, tears, zippers that need replacing, hems lengthened or shortened, seams coming loose or any other small mending problems?
Call Elaine Hughes at 301-589-0720 or email at eshughes2@juno.com and get your clothes mended, free of charge!

Donations For Ukraine

Anne's Knitting Corner is partnering with St. Andrews Ukraine Cathedral to raise donations for Ukraine's people in need. We would like to collect personal hygiene products such as toothbrushes, toothpaste, soap, shampoo, razors, woman's feminine products, etc. They were very appreciative of our 1st Donation. Thanks so much.

Bocce Ball Instructor

We are looking for a Bocce Ball Instructor for our new courts. If you are interested or know someone who is interested please let us know. We have new Bocce Ball drop-in hours. See sports in recurring activities for times.

New Military Group

We are looking for a few good Women and Men. Schweinhaut is looking for people to facilitate a military group at our center email Karen at karen.maxin@montgomerycountymd.gov if you are interested.

Have Our Newsletter Emailed

You can now have our monthly newsletter emailed directly to your personal email address. Sign up at the desk or see Jennifer in the office.

NEW Walking Group

Get fresh air and socialize while you walk outside in the neighborhood. Tuesday and Friday from 10:30am - 12pm. Meet in lobby.

Cycling Instructor Needed

We are looking for an indoor Spin Bike instructor. If you are interested please contact Karen or Jennifer at 240-777-8085.

Upcoming Programs – Look at what is coming in January



Starting Tuesdays 1/10/2023

Senior Fit

Wednesday 1/4

Movie - Notting Hill

Tuesdays 1/17

Li Ly Chang Pianist

Thursday 1/19

Coffee & Conversation with Staff

Wednesday 1/25

Movie - Catch me if you can

Please note that the above programs are tentative and changes could be made. We will make every effort to relay any changes as they occur. Keep an eye out for additional programs at our information area.



Check out our Website!

At MOCOREC.COM

Visit the Montgomery County Recreation website for detailed information about all of our senior centers, including their newsletters, as well as aquatics, recreation centers and programs.